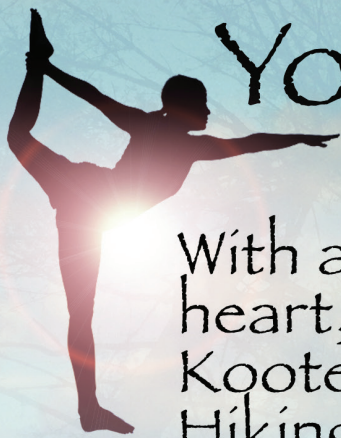
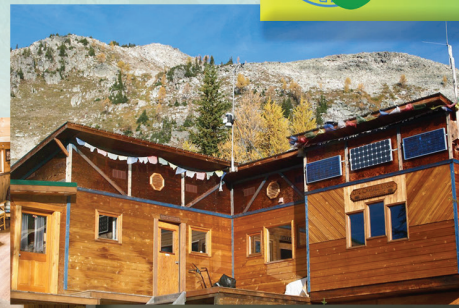


Yoga in the Mountains



With a peaceful mind & an open heart, come rejuvenate in the Kootenays for a Yoga & Hiking Retreat.



- Guided hiking on beautiful trails
- Fully equipped 12 person lodge nestled in the Selkirk Mountains
- Stunning views of Kootenay Glacier & wild flower meadows
- Sunrise & sunset yoga

2020 Dates:

July 17 - 19

July 31 - Aug 2

Aug 14 - 16

Sept 5 - 7



Contact:
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